



**[www.intentionalpeersupport.org](http://www.intentionalpeersupport.org)**

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## **What is Intentional Peer Support?**

Intentional Peer Support (IPS) is a way of thinking about and inviting powerful, transformative relationships. Peer practitioners learn to use relationships to see things from new angles, develop greater awareness of personal and relational patterns, and support and challenge each other in trying new things.

## **Available trainings:**

### **Core Training (5 days)**

Our core training is an extensive overview of the IPS framework and is designed to have you practicing right away. In a highly interactive environment, participants learn the IPS tasks and principles, examine assumptions about who they are, and explore ways to create mutual relationships where power is negotiation, co learning is possible, and support goes beyond traditional notions of 'service'.

### **Advanced Training (3 days)**

After a Core Training, lots of questions emerge – most commonly, “How do I make this stuff work in my particular environment?” Our 3-day Advanced Training deepens IPS practice, plays out the principles and tasks using real-life scenarios, enhances ways of building mutual connections, and teaches participants the art of co-reflection. Here we also focus on crisis as an opportunity to connect, maintain mutuality, and build a culture of healing. The Advanced Training can be customized to your organisation’s needs.

### **Train-the-Trainer (5 days)**

Through our train-the-trainer course, we’ve designated hundreds of IPS enthusiasts to teach the full content of our Core Training where they work. Having IPS trainers at your organisation ensures IPS is sustainable and evolving.

### **Managers Training (2 days)**

Through our managers training we equip managers, and people working alongside peer workers, to understand the IPS framework. Having IPS trained clinicians within your organisation can help ensure that the work of peer workers is well supported and understood. This framework will also support all participants, irrespective of their role, to reflect upon themselves and to develop a greater awareness of the relationships they form.